MOTHER SEIGEL'S
Home Companion.

CONTAINS A VALUABLE STORE OF INFORMATION ON THINGS YOU HAVE OFTEN ASKED ABOUT.

INTERESTING FEATURES:-

TIME AND TROUBLE SAVERS.
MARRIAGE LORE.
FUNNY WAYS OF TELLING FORTUNES.
THAT FREE FARM IN THE WEST.
HELP FOR EVERY MOTHER.
MAKING A PARTY SUCCESSFUL.
HOW TO KEEP HEALTHY.
WHEN YOU MUST ACT PROMPTLY.
SOME REALLY GOOD HOME HINTS.
WHAT A COOK SHOULD KNOW.
DIET FOR DYSPEPTICS.
PROFIT FROM SPARE TIME

AND A HOST OF OTHER THINGS IT IS NEVER TOO LATE TO LEARN.

A. J. WHITE & CO. LIMITED, MONTREAL, P.Q.

ECLIPSES FOR 1914

In the year 1914 there will be four Eclipses, two of the Sun and two of the Moon.

I. An Annular Eclipse of the Sun, February 24th, invisible here. Visible to the greater portion of the Pacific Ocean.

II. A Partial Eclipse of the Moon, March 11-12th, beginning visible generaly in Europe, Africa, and North and South America; the ending visible generally in western Europe, western Africa, North and South America, and throughout the central and eastern portions of the Pacific Ocean.

III. A Total Eclipse of the Sun August 21st, beginning at sunrise, visible to northeast portion of U.S. and to Canada.

IV. A Partial Eclipse of the Moon September 4th, visible generally in western North America, Pacific Ocean, eastern Asia and Australia.

LEGAL HOLIDAYS

FOR THE DOMINION

New Year's Day	Jan. 1	King's Birthday	June 3
Good Friday	April 10	Dominion Day	July 1
Easter Monday	" 13	Labor Day	Sept. 7
Victoria Day	May 24	Christmas Day	Dec. 25

FOR THE PROVINCE OF QUEBEC

New Year's Day	Jan. 1	King's Birthday	June 3
Epiphany	" 6	Dominion Day	July 1
Good Friday	April 10	Labor Day	Sept. 7
Easter Monday	" 13	All Saints' Day	Nov. 1
Ascension Day	May 21	Immaculate Conception	Dec. 8
Victoria Day	" 24	Christmas Day	" 25

WHAT CANADA OWES TO THE "STICKER."

THE word "sticker" has been borrowed from the vocabulary of our near neighbours, and deserves to stay, even if somewhat slangy, since it aptly describes the most pronounced characteristic of the early Canadian settlers.

The brain of the scholar and thinker has given of its best to the world. The science of flight, ridiculed and scorned by our grandfathers, is an accomplished fact. The marvels of wireless telegraphy have become commonplace, and only force themselves upon our notice when instrumental in averting or minimising some gigantic ocean disaster. A magnificent army of knowledge and intellect has ranged itself against the plagues that have harassed and decimated the White races for centuries. The fight is on, may the victors soon emerge!

But what has the sticker done? The history of Canada is his imperishable record. His iron nerve and muscle have made possible the City, where once stood the stockade and the fort.

But for his unflinching determination to stick, to dare all, and to succeed, the great ships that come up the mighty St. Lawrence would never have sailed the storm-tossed seas. Instead of the familiar blasts of the siren, the rattling of the chains, as they run through the derrick, down, down into the hold, the war chant of the Iroquois would still strike chill to the hearts of the white-skinned watchers on the shore.

The West joins with the East in the story of bravery and enterprise, and looks with pride on the vast expanse of virgin soil, probably more responsive under cultivation than in any other known portion of the habitable globe, liberated from its age-long sleep by the efforts of the early settler, who, having turned his back on the Old World, looked to Canada for a home and found it.

The mountain secrets have been revealed, and up through the narrow pass, like fetters round the giant's neck, runs the iron road of civilisation. The pioneers, who came and stayed, who looked starvation in the face, who braved the rigors of an unknown winter, their only human companionship the hostile Indians, and who perished as did the twenty-nine members of Jacques Cartier's second party, laid the foundation of the enormous and almost unbelievable Canadian expansion now taking place in all directions.

A dozen new towns on the map in a week! The opening of trunk railroads, representing an expenditure of millions of dollars, such as the Grand Trunk Pacific or Canadian Northern Railway; the tunnelling of Mount Royal and the Rockies, one already accomplished, the other definitely planned; half a million new settlers in a year—all are largely the result of the pioneer's grit and determination. To him shall we ever be indebted, for with bare hands has he laid the corner stone of our prosperity and revealed to the Empire and the human race resources that even yet are not fully comprehended.

"It Proved a Blessing to Me."

INDIGESTION YIELDS TO MOTHER SEIGEL'S SYRUP.

"YOUR Mother Seigel's Syrup has many good friends in Lorne, who have had occasion to test it. I am always pleased to say a word in its favour myself for it proved a blessing to me, in curing a severe attack of indigestion, after everything else had failed.

"The attack commenced with an occasional pain and sense of fulness after eating. I did not pay much attention to it at first, thinking it would pass off again. In this idea I was sadly mistaken, for instead of losing the pains they increased in severity, until I was forced to acknowledge that my health required immediate attention. The pains in the chest that were only slight and occasional at first, became sharp and lasting, and headaches, to which I was not accustomed, would make me miserable for hours. A feeling of depression, just as if something dreadful were about to happen, made my days a nightmare. At night my sleep was uneasy and broken, and I would wake to find my tongue and mouth slimy and coated.

"This condition naturally showed in my appearance, my skin becoming a dull yellowish colour, and my face much less fleshy than it used to be. Your agent here, Mr. David Hickie, advised me to take a bottle of Mother Seigel's Syrup, knowing from his own experience that it is an excellent remedy for indigestion, and I followed his advice.

"Fifteen days later I knew for certain that I was on the road to good health. The heavy, worn sensation began to leave me, and I could eat without the dread of after torture. For three months I kept at it, encouraged by the daily improvement, and by that time I was completely cured. I am now in excellent health, can eat, sleep, work, and take pleasure in life, for which my unstinted praise is given to Mother Seigel's Syrup."—Mr. Frank J. Gooden, Lorne, N.B., Restigouche Co., February 10th, 1913.

1914. Day Month	Day Week	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	TH	7 35	4 34	9 49	7 58	4 09	9 43
2	F	7 35	4 35	10 54	7 58	4 10	10 56
3	S	7 35	4 36	11 55	7 58	4 11	morn.
4	S	7 35	4 37	morn	7 57	4 12	0 05
5	M	7 34	4 38	0 59	7 57	4 13	1 18
6	TU	7 34	4 39	2 05	7 57	4 15	2 31
7	W	7 34	4 40	3 12	7 56	4 17	3 45
8	TH	7 34	4 41	4 22	7 56	4 18	5 06
9	F	7 33	4 42	5 31	7 55	4 19	6 23
10	S	7 33	4 43	6 37	7 55	4 20	7 34
11	S	7 33	4 44	rises	7 54	4 21	rises
12	M	7 32	4 45	5 20	7 54	4 22	4 51
13	TU	7 32	4 47	6 41	7 53	4 23	6 23
14	W	7 32	4 48	8 02	7 53	4 25	7 52
15	TH	7 31	4 49	9 21	7 52	4 27	9 22
16	F	7 31	4 50	10 37	7 52	4 28	10 48
17	S	7 30	4 51	11 55	7 51	4 30	morn
18	S	7 30	4 53	morn.	7 50	4 31	0 15
19	M	7 29	4 54	1 13	7 49	4 33	1 44
20	TU	7 28	4 55	2 33	7 48	4 35	3 14
21	W	7 27	4 56	3 49	7 47	4 36	4 42
22	TH	7 27	4 57	5 02	7 46	4 37	6 02
23	F	7 26	4 59	6 03	7 45	4 39	7 05
24	S	7 25	5 01	6 53	7 44	4 41	7 49
25	S	7 24	5 02	sets	7 43	4 43	sets
26	M	7 23	5 04	5 18	7 42	4 44	4 50
27	TU	7 22	5 06	6 28	7 41	4 46	6 10
28	W	7 21	5 07	7 35	7 40	4 47	7 25
29	TH	7 20	5 09	8 41	7 39	4 49	8 40
30	F	7 19	5 10	9 43	7 37	4 51	9 50
31	S	7 18	5 12	10 46	7 36	4 53	11 02

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	4th	8.55 a.m.
Full Moon	12th	12.55 a.m.
Last Quarter	18th	8.16 p.m.
New Moon	26th	2.20 a.m.

QUEBEC & ONTARIO.

First Quarter	4th	7.53 a.m.
Full Moon	11th	11.53 p.m.
Last Quarter	18th	7.14 p.m.
New Moon	26th	1.18 a.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

First Quarter	4th	6.40 a.m.
Full Moon	11th	10.40 p.m.
Last Quarter	18th	6.1 p.m.
New Moon	26th	12.5 a.m.

BRITISH COLUMBIA.

First Quarter	4th	4.55 a.m.
Full Moon	11th	8.55 p.m.
Last Quarter	18th	4.16 p.m.
New Moon	25th	10.20 p.m.

TIME AND TROUBLE SAVERS.

MILDEW STAINS.—To remove, mix a small quantity of soap with a little powdered starch and salt, and the juice of a lemon. Brush the stain with this mixture, and hang the garment out in the open air for a day. Then wash in the usual manner.

A BLANKET HINT.—Blankets that have been washed and dried should be well beaten with an ordinary carpet-beater. This will make the wool light and soft, and freshen up the appearance of the blanket.

TO KEEP CHEESE FRESH.—Wrap it in a cloth previously steeped in vinegar and water, and the cheese will keep fresh for a long time. Re-steep the cloth in vinegar and water from time to time.

USE FOR OLD VELVETEEN.—A piece of velveteen from an old dress or blouse should never be thrown away. It is an excellent substitute for wash leather. Use it for polishing furniture, and for brightening plated goods.

STAINS ON TABLECLOTH.—Soak the portion stained with tea or coffee in luke-warm water. Then wring out, and rub the stains with a sponge dipped in glycerine. Finally wash in a cold, soapy lather, and the stains will disappear.

FOR SOFT CORNS.—Every night and morning dip a piece of soft linen rag in turpentine and wrap it round the toe. The corn will probably disappear in a few days.

SCRUBBING BRUSHES.—It is a mistake to leave scrubbing brushes soaking in water, as this loosens the bristles and makes them soft. Fasten a piece of tape to the brush, and always hang up and allow to drain.

A RATTLING WINDOW.—To stop the rattling of a window cut a clothes peg in half, and insert it between the sash and the frame. Then your sleep won't be disturbed on a windy night.

How Can You be Well If You Don't Digest Your Food?

NOW how can you? Nature compels us to eat food daily—to renew our strength, to increase our vitality, and to replace the daily wear and tear of our bodies.

Daily, hourly, yes, every moment of your life, Nature is building up your body, and breaking it down again. You, that is, *yourself*, are not the person you were ten years ago. Ten years ago you had muscles, sinew, nerve, and brain. You have them to-day, it is true, but they are not the same. In the years that have passed they have been worn away and rebuilt again.

Sit back in your chair and turn that over in your mind for a moment or two, Then you will realise that as all this wearing out and building up of the body is going on so continuously and so certainly you *really* must eat daily a sufficient quantity of good food to keep up your strength.

You simply must. And yet that's just where the rub comes in. Given plenty of good and nourishing food it by no means follows that a man will be really healthy. Not at all. Perfect health is impossible without sound digestion. For food cannot possibly nourish your body and sustain your life unless it is digested. If people would only realise this simple fact, they would regard indigestion—that is bad digestion—as a serious menace to their health.

When you have indigestion, when your digestive organs—the stomach, liver, and bowels—go on strike as it were, you are bound to experience various distressing symptoms, such as headaches, flatulence, loss of appetite, pains after eating, languor and depression. These symptoms prove beyond a shadow of doubt that you can't be really well if you don't digest your food.

Indigestion is one of the commonest complaints. Most people have it in a mild form at one time or another, and often without feeling any pain at all, for sleepiness, giddiness, depression, languor, and poor appetite are quite common symptoms of indigestion.

The success of Mother Seigel's Syrup in banishing indigestion has been proved time and again beyond all doubt. Its remarkable efficacy depends, not upon any one ingredient, but upon many valuable herbal extracts, which in combination exert a wonderfully curative and strengthening influence upon the stomach, liver, and bowels. When one or other of these organs becomes a little sluggish or inactive, Mother Seigel's Syrup is just the thing to restore it. If you remember that the symptoms of indigestion prove that something is amiss with the stomach, and that Mother Seigel's Syrup tones up and regulates the stomach, then you will see at once why its popularity has become world-wide.

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h.m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	7 17	5 13	11 50	7 34	4 55	morn.
2	M	7 16	5 14	morn.	7 32	4 56	0 13
3	Tu	7 15	5 15	0 56	7 30	4 57	1 26
4	W	7 13	5 17	2 04	7 29	4 59	2 44
5	Th	7 12	5 19	3 12	7 27	5 01	4 01
6	F	7 11	5 20	4 18	7 26	5 02	5 14
7	S	7 10	5 21	5 20	7 24	5 04	6 18
8	S	7 08	5 22	6 12	7 22	5 06	7 06
9	M	7 06	5 23	6 52	7 20	5 08	7 38
10	Tu	7 05	5 24	rises	7 19	5 10	rises
11	W	7 04	5 25	6 59	7 17	5 12	6 56
12	Th	7 03	5 26	8 20	7 15	5 14	8 27
13	F	7 02	5 27	9 40	7 13	5 15	9 57
14	S	7 01	5 28	11 01	7 11	5 16	11 29
15	S	6 59	5 29	morn.	7 09	5 18	morn.
16	M	6 58	5 31	0 22	7 08	5 19	1 01
17	Tu	6 56	5 32	1 39	7 06	5 21	2 29
18	W	6 54	5 34	2 55	7 04	5 23	3 53
19	Th	6 52	5 36	3 59	7 02	5 25	5 01
20	F	6 51	5 38	4 52	7 00	5 26	5 51
21	S	6 50	5 39	5 30	6 59	5 28	6 23
22	S	6 49	5 40	6 01	6 57	5 30	6 43
23	M	6 47	5 42	6 25	6 56	5 31	6 57
24	Tu	6 45	5 44	sets	6 54	5 33	sets
25	W	6 44	5 45	6 31	6 52	5 35	6 24
26	Th	6 42	5 47	7 32	6 50	5 37	7 35
27	F	6 40	5 49	8 34	6 47	5 39	8 46
28	S	6 38	5 51	9 39	6 45	5 41	9 59

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	3rd	6.19 a.m.
Full Moon	10th	1.21 p.m.
Last Quarter	17th	5.9 a.m.
New Moon	24th	7.48 p.m.

QUEBEC & ONTARIO.

First Quarter	3rd	5.17 a.m.
Full Moon	10th	12.19 p.m.
Last Quarter	17th	4.7 a.m.
New Moon	24th	6.46 p.m.

MANITOBA, SASKATCHEWAN AND ALBERTA.

First Quarter	3rd	4.4 a.m.
Full Moon	10th	11.6 a.m.
Last Quarter	17th	2.54 a.m.
New Moon	24th	5.33 p.m.

BRITISH COLUMBIA.

First Quarter	3rd	2.19 a.m.
Full Moon	10th	9.21 a.m.
Last Quarter	17th	1.9 a.m.
New Moon	24th	3.48 p.m.

WHAT TO DO IN AN EMERGENCY.

HICCOUGH.—A severe attack of hiccough is troublesome and dangerous, especially for adults inclined to stoutness. To stop it quickly, close the ears with the first fingers, and swallow a small quantity of liquid, presented to you by another person.

FOR STRAINED MUSCLES.—Add twopenny worth of castor oil to twopennyworth of hartshorn. Shake well together. Apply a little at a time, and rub well in.

FAINTING.—Lay the person at once on the floor, as flat as possible, as this tends to restore the balance of circulation by sending an increased amount of blood to the brain.

A RAW EGG swallowed immediately will be generally found to carry down a fish bone that cannot be got up from the throat.

BLOWING INTO THE EAR is often of great assistance to a person who is trying to cough up something imperfectly swallowed.

FOR SCALDS from boiling water, apply MOTHER SEIGEL'S OINTMENT at once. It heals quickly, and cools the affected part. If it does not find a place in your cupboard, a handy remedy is baking soda, which should be moistened till soft, and freely applied. But don't fail to get MOTHER SEIGEL'S OINTMENT for the later treatment.

TO STOP THE NOSE BLEEDING.—The simplest and the quickest remedy is to place a cold key down the back. Another—vigorous motion of the jaws, as in the act of eating food. A child can be given a wad of paper and told to chew it hard, but not to swallow it. This stops copious bleeding of the nose.

SPLINTERS when embedded deeply in the skin can often be removed, after a hot fomentation, with a clean needle.

AN INSECT IN THE EAR should be removed by syringing with hot water. Never use a needle or a pin.

Twelve Years of Digestive Troubles.

MR. LYMAN THOUGHT HE WAS IN DANGER OF BECOMING A CONFIRMED INVALID, BUT WHEN HE TOOK MOTHER SEIGEL'S SYRUP HIS HEALTH RETURNED, AS HE SAYS, BY "LEAPS AND BOUNDS."

THEY tell you at school that "experience is a very good teacher." And so it is. Here you have Mr. Albert C. Lyman saying so, and telling *you* that only sufferers from indigestion are able to appreciate what it means. It is so.

If you happen to be lucky enough to have escaped any form of stomach or liver trouble, hadn't you better be warned in time by his case, and take an occasional dose of Mother Seigel's Syrup to keep you fit and well? Lots of folks do it, and don't regret it.

Here is Mr. Lyman's letter, written from Brockville, Ont., Brockville, Co., on January 18th, 1913 :—

"Indigestion is a complaint one must suffer from in order to fully appreciate its full meaning. Somebody else's indigestion may be a little pain from over-eating, or from eating a particular kind of food, which the sufferer knows he should leave alone, and that's about all we think of it.

"The attack I got was not on those lines, I assure you, but was a persistent every-day handicap. Food, however carefully selected, exacted toll in hours of misery, the lightest dish seemingly being turned to lead just as soon as I had swallowed it, jagging my stomach with pains, followed by a vomiting sensation as if it were all coming up again.

"My breathing became hard and irregular, and wind on my stomach produced a bloated sensation, uncomfortable to a degree. This condition was not a matter of a day but lasted for practically twelve years, in spite of the many remedies and prescribed physics to which I resorted for a cure. During that long period the sickness gradually developed until I had almost reached the point of regarding myself as a confirmed invalid. My skin lost its healthy colour, and instead of letting out a little on every suit made, the tailor had to pull in a bit in order to secure the desired fit.

"However, it all changed when I commenced to use Mother Seigel's Syrup and the Pills now and again. Even the first bottle produced such satisfactory results as to convince me that it possessed merit not to be found in other remedies, which conviction was proved to the hilt by the complete cure secured later. I took a number of bottles, and health returned by leaps and bounds. The dread of food became a thing of the past, when I discovered that I could eat freely and in comfort. I shall always regard Mother Seigel's Syrup as the premier digestive remedy on the market."

It's easy to understand why Mr. Lyman is enthusiastic. Mother Seigel's Syrup made a difference in his life—such a difference—and all for the good. He is a better man now, worth more to himself, and to Canada. If *you* need the help that Mother Seigel's Syrup can and does give, get a bottle for yourself to-day.

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	6 36	5 52	10 44	6 43	5 43	11 12
2	M	6 34	5 53	11 51	6 41	5 45	morn.
3	Tu	6 32	5 54	morn.	6 39	5 46	0 26
4	W	6 30	5 55	0 57	6 37	5 48	1 43
5	Th	6 28	5 56	2 04	6 36	5 50	2 58
6	F	6 26	5 57	3 06	6 34	5 51	4 04
7	S	6 24	5 58	4 01	6 32	5 53	4 58
8	S	6 22	6 00	4 46	6 30	5 54	5 36
9	M	6 20	6 01	5 22	6 28	5 56	6 01
10	Tu	6 18	6 02	5 50	6 25	5 58	6 18
11	W	6 17	6 03	rises	6 23	5 59	rises
12	Th	6 15	6 04	7 12	6 21	6 01	7 24
13	F	6 14	6 05	8 35	6 19	6 02	8 58
14	S	6 12	6 07	10 00	6 17	6 04	10 33
15	S	6 10	6 08	11 23	6 15	6 05	morn.
16	M	6 09	6 09	morn.	6 13	6 06	0 09
17	Tu	6 08	6 11	0 42	6 11	6 08	1 38
18	W	6 06	6 12	1 52	6 09	6 09	2 54
19	Th	6 04	6 13	2 49	6 06	6 11	3 50
20	F	6 02	6 14	3 32	6 04	6 13	4 27
21	S	6 00	6 15	4 06	6 02	6 15	4 51
22	S	5 58	6 16	4 31	5 59	6 16	5 05
23	M	5 56	6 18	4 50	5 56	6 18	5 16
24	Tu	5 54	6 19	5 07	5 54	6 20	5 24
25	W	5 52	6 20	5 22	5 52	6 21	5 31
26	Th	5 50	6 21	sets	5 50	6 23	sets
27	F	5 48	6 22	7 29	5 48	6 24	7 47
28	S	5 46	6 23	8 34	5 46	6 26	8 59
29	S	5 44	6 24	9 40	5 43	6 27	10 12
30	M	5 43	6 25	10 46	5 41	6 29	11 29
31	Tu	5 41	6 27	11 52	5 39	6 31	morn.

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	5th	12.49 a.m.
Full Moon	12th	12.5 a.m.
Last Quarter	18th	3.25 p.m.
New Moon	26th	1.55 p.m.

QUEBEC & ONTARIO.

First Quarter	4th	11.47 p.m.
Full Moon	11th	11.3 p.m.
Last Quarter	18th	2.23 p.m.
New Moon	26th	12.53 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

First Quarter	4th	10.34 p.m.
Full Moon	11th	9.50 p.m.
Last Quarter	18th	1.10 p.m.
New Moon	26th	11.40 a.m.

BRITISH COLUMBIA.

First Quarter	4th	8.49 p.m.
Full Moon	11th	8.5 p.m.
Last Quarter	18th	11.25 a.m.
New Moon	26th	9.55 a.m.

HOUSEHOLD HINTS.

CLEANING FURNITURE.—Furniture lasts longer and looks better when it is well cleaned. Always use a soft duster free from fluff. A soft brush will be found to be a great help for cleaning out-of-way corners and ornamental parts.

A MAKESHIFT CORKSCREW can be made out of an ordinary screw. Screw it well into the cork, tie a piece of strong string round the head, and pull.

GREASY DISHES.—When washing, add a few drops of liquid ammonia to the water. The work will be more thoroughly and quickly done.

WINDOWS.—Many people do not realise that the insides of windows catch more dirt than the outsides. Rub them every day with a clean cloth, and they will not require washing so often.

TO SOFTEN WATER.—A pinch or two of borax is a good water softener.

TO DRIVE FLIES AWAY.—Mix half a teaspoonful of black pepper, one teaspoonful of brown sugar, and one teaspoonful of cream, and spread on a plate. This is a simple and effective means of driving flies from a room.

TO CLEAN A WHITE STRAW HAT.—Squeeze the juice out of a large lemon into a basin. Add one and a half cupfuls of hot water. Then scrub the hat all over with some of the mixture until clean. Rinse the hat under the cold water tap, and place in the open air to dry. Your hat will look like new.

THE USEFUL POTATO.—A potato cut in two will brighten up the knives and forks if it is dipped in brick dust or the fine sooty ashes from under the oven.

BOOTS WILL WEAR LONGER if they are first washed over with warm water, followed by a liberal application of castor oil, which should be thoroughly rubbed into the leather.

"A STITCH IN TIME."

INDIGESTION
MAY LEAD TO YEARS OF SUFFERING.

"A STITCH in time saves nine." So it does. Just one stitch. Yet thousands of us to-day are absolutely refusing to put in that stitch in time, just the one stitch that would save us from ill-health, misery, unhappiness, and sometimes even from chronic disease itself. It's not that we are ignorant, or stupid, or foolish—we are just naturally neglectful. Think it over!

You can't be on the watch too often or too closely for the arch-enemy of good health—indigestion. Like all big and important things it starts from small beginnings. Napoleon began life as an obscure army lieutenant, but before he finished he spread the flame of war over Europe.

So the starting point of indigestion is often indicated by an occasional headache, furred tongue, and languor. Neglect it long enough, though—get into the foolish habit of thinking that it will right itself, and indigestion can and does upset the working of every vital organ in the body, so that life becomes hardly worth the living. He or she may have headaches, pains after eating, flatulence, sleeplessness, unnatural weariness, fulness at the chest, giddiness, hot flushes, loss of energy, yellowish eyes and skin, poor appetite, low spirits and shortness of breath.

But, happily, the experience of tens of thousands of people in the last forty years, proves the wonderful worth of Mother Seigel's Syrup in treating indigestion. The herbal extracts of which the Syrup is made gently but surely clear out the poisonous products of indigestion, help the stomach to dissolve and digest what is nutritious in food, and expel the remainder through the bowels. You will be pleasantly surprised at the speedy improvement in your appetite, vigour and health, if you try even one bottle of this world-famous digestive tonic.

Mr. Wm. Therrien, of Ste. Anne des Monts, Gaspe County, Quebec, writes on Jauuary 25th, 1913:—"For several years I was a constant sufferer with acute indigestion, my stomach being so weak that it revolted at even the lightest of fare. I tried two or three well known preparations, but secured no benefit until I took Mother Seigel's Syrup. It is certainly a wonderful medicine, for it checked the pain almost immediately, and restored to me the ability to eat in comfort. I gladly recommend Mother Seigel's Syrup."

Mad. Pelletier, of St. Modeste, Temiscouata County, Quebec, writes on February 24th, 1913:—"After having used Mother Seigel's Syrup for years and always found it excellent, I do not hesitate to recommend it highly to all sufferers from weak and disordered stomach, or digestive troubles. I have never found a surer or quicker remedy."

1914. Day Month	Day Week	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	W	5 40	6 28	morn.	5 37	6 33	0 44
2	Th	5 38	6 29	0 56	5 35	6 35	1 53
3	F	5 36	6 30	1 52	5 32	6 37	2 50
4	S	5 35	6 31	2 40	5 30	6 38	3 33
5	S	5 33	6 32	3 17	5 28	6 39	4 02
6	M	5 31	6 33	3 48	5 26	6 40	4 20
7	Tu	5 29	6 34	4 13	5 24	6 41	4 37
8	W	5 28	6 36	4 33	5 21	6 43	4 48
9	Th	5 26	6 37	4 54	5 19	6 45	4 57
10	F	5 24	6 39	rises.	5 17	6 46	rises
11	S	5 23	6 40	8 54	5 15	6 48	9 34
12	S	5 21	6 41	10 17	5 13	6 49	11 10
13	M	5 20	6 43	11 35	5 11	6 51	morn.
14	Tu	5 18	6 44	morn.	5 09	6 52	0 35
15	W	5 16	6 45	0 40	5 07	6 54	1 42
16	Th	5 14	6 46	1 30	5 05	6 55	2 26
17	F	5 12	6 48	2 07	5 03	6 57	2 55
18	S	5 10	6 49	2 35	5 01	6 59	3 13
19	S	5 09	6 50	2 57	4 59	7 01	3 25
20	M	5 08	6 51	3 14	4 57	7 03	3 34
21	Tu	5 06	6 52	3 29	4 55	7 04	3 41
22	W	5 04	6 54	3 44	4 53	7 05	3 48
23	Th	5 03	6 55	4 00	4 51	7 07	3 55
24	F	5 01	6 56	sets.	4 49	7 09	sets
25	S	5 00	6 57	7 31	4 47	7 11	8 01
26	S	4 59	6 58	8 38	4 45	7 13	9 17
27	M	4 58	6 59	9 44	4 43	7 14	10 33
28	Tu	4 56	7 00	10 49	4 41	7 16	11 43
29	W	4 55	7 01	11 47	4 40	7 17	morn.
30	Th	4 53	7 02	morn.	4 38	7 18	0 45

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	3rd	3.28 p.m.
Full Moon	10th	9.14 a.m.
Last Quarter	17th	3.38 a.m.
New Moon	25th	7.8 a.m.

QUEBEC & ONTARIO.

First Quarter	3rd	2.26 p.m.
Full Moon	10th	8.12 a.m.
Last Quarter	17th	2.36 a.m.
New Moon	25th	6.6 a.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

First Quarter	3rd	1.13 p.m.
Full Moon	10th	6.59 a.m.
Last Quarter	17th	1.23 a.m.
New Moon	25th	4.53 a.m.

BRITISH COLUMBIA.

First Quarter	3rd	11.28 a.m.
Full Moon	10th	5.14 a.m.
Last Quarter	16th	11.38 p.m.
New Moon	25th	3.8 a.m.

FORTUNE TELLING BY TEA LEAVES.

Three small dots in a row near the top of the cup stand for a wish which will soon be realised.

When the grounds are all bunched together in the cup you might expect good fortune. If all are scattered, then the effect will be the reverse.

If a small speck is seen near the top of the cup, a letter is coming, or if a large speck, a letter which will contain a photograph.

Should the leaves take the shape of sticks, these stand for people. If the sticks are crossed, look for enemies—if straight up, you will make good friends.

Sticks with a little gathering of grounds, mean bad news, and a long line of grounds, if unbroken, foretell a journey which you must make by water.

A large ring of grounds indicates an offer of marriage to an unmarried woman. If married, coming good fortune.

HOW HAIR INDICATES CHARACTER.

The steadfast and reliable person has dark brown hair. He or she will make an excellent companion, and can always be trusted.

The man or woman of independent spirit usually has black glossy hair.

Fair hair is said to belong to a person who is like the weather—rather changeable. This is not always so, however, for some of the best people in the world have fair hair.

The man or the woman with fair hair is usually gentle and compassionate, and strong in affection.

Very fair hair is said to be allied to a weak will, or one who is easily led astray. Such people are, however, very tender-hearted and good-tempered.

Vitality, energy, strength of character, self-will—even obstinacy—are linked to auburn hair.

"I Thought Health was Slipping from Me."

MOTHER SEIGEL'S SYRUP

MADE HIM AGAIN A HAPPY AND HEALTHY MAN.

THE letter appearing on this page is from Mr. Alphonse Richard, the postmaster of Tikuape, Quebec, Chicoutimi & Saguenay County. Read it very carefully, and you will find that what Mr. Richard says proves how impossible it is for any man or woman to be well if he or she is a victim of stomach and liver troubles. No—you simply can't be well if you have indigestion. Listen to Mr. Richard, whose letter is dated February 6th, 1913 :—

"I take pleasure in informing you that I have a very warm feeling toward Mother Seigel's Syrup, since by its assistance I have recovered my health, that hung in the balance for almost twelve years.

"I suffered with indigestion, and the unspeakable misery that goes with it. It was not a passing attack, such as I have known some of my friends to experience, a pain to-day, and all right to-morrow—but it settled on me, until I began to fear that recovery was impossible. Eat and feel miserable, starve and feel miserable, was all the choice I had, and I really did not care very much which of them I did.

"It interfered with sleep, I seemed to be half awake and half asleep most of the night, and would get up feeling as if I had been working hard instead of resting.

"My eyes became heavy and listless, while my skin became sallow, and altogether I began to look as bad as I felt.

"In my position as postmaster here, and proprietor of a grocery store, I have to put in a good day's work, and any man or woman who has to work hard day in and day out, will understand my feelings when I thought health was slipping from me, perhaps for ever.

"Fortunately it did not prove to be so, for I found in Mother Seigel's Syrup and Pills what I had been searching for, immediate relief and hope, and in time a complete cure that has lasted, unbrokenly, for two years.

"The sharp pain after eating, also the heavy, always tired feeling, that made business so difficult, vanished, and now I feel ready for whatever comes my way. I think that Mother Seigel's Syrup and Pills should be known by all who suffer from indigestion."

Now, an ounce of fact is worth a ton of argument. The truth of such a letter as Mr. Richard's can't be disputed. Sincerity runs through every line of it, and if you are suffering in a similar way take Mr. Richard's word for it—that Mother Seigel's Syrup does remove and prevent indigestion. It banished the fear of illness from his life, and made him well and strong. Why not try it, and see if it won't do the same for you ?

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	F	4 51	7 03	0 37	4 36	7 20	1 32
2	S	4 49	7 04	1 18	4 34	7 22	2 05
3	S	4 48	7 05	1 50	4 32	7 23	2 26
4	M	4 47	7 06	2 15	4 30	7 24	2 42
5	Tu	4 45	7 07	2 36	4 28	7 25	2 54
6	W	4 44	7 08	2 55	4 26	7 26	3 04
7	Th	4 43	7 09	3 16	4 25	7 27	3 13
8	F	4 41	7 10	3 37	4 24	7 29	3 24
9	S	4 40	7 11	rises	4 23	7 31	rises
10	S	4 39	7 12	9 09	4 21	7 32	10 04
11	M	4 38	7 13	10 22	4 20	7 33	11 23
12	Tu	4 37	7 14	11 20	4 19	7 34	morn.
13	W	4 36	7 15	morn.	4 17	7 36	0 19
14	Th	4 35	7 16	0 03	4 15	7 38	0 55
15	F	4 34	7 17	0 36	4 14	7 40	1 17
16	S	4 33	7 18	1 00	4 12	7 41	1 32
17	S	4 32	7 19	1 18	4 10	7 43	1 41
18	M	4 31	7 20	1 35	4 09	7 44	1 49
19	Tu	4 30	7 21	1 50	4 08	7 46	1 57
20	W	4 29	7 22	2 07	4 06	7 48	2 04
21	Th	4 28	7 23	2 22	4 05	7 49	2 12
22	F	4 27	7 24	2 40	4 04	7 51	2 22
23	S	4 26	7 25	3 02	4 03	7 52	2 37
24	S	4 25	7 26	sets	4 02	7 53	sets
25	M	4 24	7 27	8 41	4 01	7 54	9 34
26	Tu	4 23	7 28	9 41	4 00	7 56	10 38
27	W	4 22	7 29	10 35	3 59	7 57	11 30
28	Th	4 22	7 30	11 18	3 58	7 58	morn.
29	F	4 21	7 31	11 52	3 57	7 59	0 07
30	S	4 20	7 32	morn.	3 56	8 00	0 31
31	S	4 20	7 33	0 19	3 55	8 01	0 48

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	3rd	2.15 a.m.
Full Moon	9th	5.17 p.m.
Last Quarter	16th	5.58 p.m.
New Moon	24th	10.21 p.m.

QUEBEC & ONTARIO.

First Quarter	3rd	1.13 a.m.
Full Moon	9th	4.15 p.m.
Last Quarter	16th	4.56 p.m.
New Moon	24th	9.19 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

First Quarter	3rd	12 midnt.
Full Moon	9th	3.2 p.m.
Last Quarter	16th	3.43 p.m.
New Moon	24th	8.6 p.m.

BRITISH COLUMBIA.

First Quarter	2nd	10.15 p.m.
Full Moon	9th	1.17 p.m.
Last Quarter	16th	1.58 p.m.
New Moon	24th	6.21 p.m.

HOW TO OBTAIN FREE FARMS IN THE WEST.

Any person who is the sole head of a family or any male over 18 years old may homestead a quarter-section of available Dominion lands in Manitoba, Saskatchewan, or Alberta.

The applicant must appear in person at the Dominion Land Agency, or Sub-Agency for the district.

Entry by proxy may be made at any agency (not sub-agency) on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

DUTIES: Six months' residence upon and cultivation of the land in each of three years, and erection of a habitable house.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price $3.00 per acre. DUTIES: Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price $3.00 per acre. DUTIES: Must reside six months in each of three years, cultivate fifty acres and erect a house worth $300.

Application for patent should be made at the end of three years, before the local Agent or Sub-Agent.

In addition to Free Grant Lands, to which the regulations above briefly stated refer, thousands of acres of most desirable lands are available for lease or purchase from railroads and other corporations and private firms in Western Canada.

Neglected Constipation is Dangerous.

YOUR DOCTOR WILL TELL YOU SO.

YES, he will most certainly tell you so. Doctors may differ on some things, but they don't differ as to the danger of constipation. How could they? For constipation is one of the commonest of all complaints. Few people escape its harmful effects at one time or another. It is so easy to neglect it—it is so difficult to get people to realise that constipation is often the first cause of other and worse complaints. But so it is.

Many a woman who suffers from daily headaches, languor, and dizziness, overlooks the fact that the cause may be and probably is constipation.

Thousands more who suffer from bad breath, sleeplessness, sallow and blotched skins, are all the time quite unconscious that constipation is the cause of the trouble.

Men of all ages at times feel unfit for work, out-of-sorts, irritable, and depressed—and they too fail to recognise that constipation is also gradually, but surely poisoning their blood, endangering their health—making them less able to hold their own in this age of keen competition.

You can, of course, obtain speedy, but temporary relief from constipation by taking some drastic purgative, but that does not end the trouble. To really cure constipation—to cure it permanently, you must tone up and strengthen the organs whose function it is to digest the food you eat—to extract from it the nourishment it contains—and to expel the waste through the bowels.

Unless your stomach, liver and bowels are in good condition and able to do the work Nature designed them to do, you are bound to have bowel trouble, either constipation or the reverse.

Now, though Mother Seigel's Syrup is not a strong purgative, it has a wonderful record of success in banishing constipation, and this is due to its beneficial action, not only upon the bowels, but also upon the stomach and liver.

Mr. Chas. Bainville, of Temiscouata County, Blue River, Quebec, writing on February 2nd, 1913, says:—"I am positive that Mother Seigel's Syrup is the very best remedy obtainable for indigestion and constipation, having had occasion to test its value in an attack three years ago. It commenced with pains after meals, sometimes sharp and sometimes dull and heavy, with a drowsy sleepy feeling. Gradually, however, I grew worse, the pains increased, and lasted much longer—sometimes for hours, and I began to hate the thought of food in any shape or form.

"Constipation and headache were constant sources of misery and I just used to feel good for nothing. Even at night I was denied the pleasure of sound refreshing sleep, and instead of getting up cheerful and ready for breakfast and work, I would sit on the bed and wish for just an hour of real sleep. I believe I should have been in a sorry plight to-day had Mother Seigel's Syrup been like the many other preparations I tried. But it was not. It very soon made its curative powers evident. Slowly but surely the sickening pain after eating left me, and my bowels commenced to work regularly. Brightness and buoyancy returned, and life became a new thing."

1914. Day Month	Day Week	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	M	4 20	7 34	0 41	3 54	8 02	1 01
2	Tu	4 20	7 35	0 59	3 53	8 03	1 10
3	W	4 20	7 36	1 19	3 52	8 04	1 21
4	Th	4 20	7 37	1 38	3 52	8 05	1 31
5	F	4 19	7 38	2 01	3 52	8 06	1 43
6	S	4 19	7 38	2 29	3 51	8 07	2 00
7	S	4 19	7 39	rises	3 51	8 07	rises
8	M	4 19	7 39	9 05	3 51	8 08	10 05
9	Tu	4 19	7 40	9 56	3 51	8 08	10 51
10	W	4 19	7 40	10 33	3 50	8 09	11 19
11	Th	4 18	7 41	11 01	3 50	8 09	11 36
12	F	4 18	7 41	11 22	3 50	8 10	11 48
13	S	4 18	7 42	11 41	3 50	8 10	11 56
14	S	4 18	7 42	11 55	3 49	8 11	morn.
15	M	4 18	7 43	morn.	3 49	8 11	0 04
16	Tu	4 18	7 43	0 11	3 49	8 12	0 11
17	W	4 18	7 44	0 27	3 49	8 12	0 19
18	Th	4 18	7 44	0 44	3 49	8 13	0 29
19	F	4 19	7 44	1 04	3 50	8 13	0 43
20	S	4 19	7 44	1 30	3 50	8 13	0 58
21	S	4 19	7 45	2 04	3 50	8 14	1 23
22	M	4 19	7 45	2 48	3 50	8 14	2 02
23	Tu	4 19	7 45	sets	3 51	8 14	sets
24	W	4 19	7 45	9 16	3 51	8 14	10 08
25	Th	4 20	7 44	9 53	3 51	8 14	10 36
26	F	4 20	7 44	10 23	3 51	8 14	10 53
27	S	4 21	7 44	10 46	3 52	8 14	11 09
28	S	4 21	7 44	11 05	3 52	8 14	11 20
29	M	4 22	7 43	11 24	3 53	8 14	11 28
30	Tu	4 23	7 43	11 44	3 53	8 14	11 38

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

First Quarter	1st	9.49 a.m.
Full Moon	8th	1.4 a.m.
Last Quarter	15th	10.6 a.m.
New Moon	23rd	11.19 a.m.
First Quarter	30th	3.11 p.m.

QUEBEC & ONTARIO.

First Quarter	1st	8.47 a.m.
Full Moon	8th	12.2 a.m.
Last Quarter	15th	9.4 a.m.
New Moon	23rd	10.17 a.m.
First Quarter	30th	2.9 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

First Quarter	1st	7.34 a.m.
Full Moon	7th	10.49 p.m.
Last Quarter	15th	7.51 a.m.
New Moon	23rd	9.4 a.m.
First Quarter	30th	12.56 p.m.

BRITISH COLUMBIA.

First Quarter	1st	5.49 a.m.
Full Moon	7th	9.4 p.m.
Last Quarter	15th	6.6 a.m.
New Moon	23rd	7.19 a.m.
First Quarter	30th	11.11 a.m.

WEDDING ANNIVERSARIES.

You know, of course, that a "silver wedding" is the twenty-fifth anniversary; "a golden wedding" the fiftieth, and "a diamond wedding" the seventy-fifth.

Suppose you decided to celebrate your "cotton wedding," and to ask your friends to join you. That would be when you had been married just one year.

A "paper wedding," is the second anniversary, a "leather wedding," the third anniversary.

The "wooden wedding" is the fifth anniversary.

Some years ago an old gentleman who likes his joke, said it would be a good thing if he and his wife could have a silver wedding every year, because they had received so many presents.

But he could have had a "woollen wedding" on the seventh, a "tin wedding" on the tenth; a "silk wedding" on the twelfth; a "crystal wedding" on the fifteenth; a "china wedding" on the twentieth anniversary.

The fortieth is called the "ruby wedding."

YOUR WEDDING MONTH.

In the old days they used to say that the time of the year has a great deal to do with the luck of the bride and the bridegroom.

A January bride will be prudent.

A February bride will be a tender mother, and a kind, affectionate wife.

A March bride will be quarrelsome and generous.

April's bride will be very good-looking.

A May bride is a handsome, happy bride.

The bride of June will be generous.

She who marries in July will have a dower of beauty.

August gives to its brides an amiable spirit and a practical outlook on life.

September's brides are popular, affable, and shrewd.

October's brides are often jealous, pretty, charming and loving.

The bride of November will be kind, liberal, but a trifle changeable.

And in dear Christmassy December, the brides will be fond of novelty and entertainment.

Constipation—Indigestion—Headaches

CAN BE BANISHED

BY MOTHER SEIGEL'S SYRUP.

THIS LETTER PROVES IT.

AS a remedy for constipation there is nothing better than Mother Seigel's Syrup. This is not mere empty boasting. Not at all.

We prove our statement by giving an interesting letter from Mr. Jos. J. Goodin, a farmer, of Lorne, N.B., Restigouche Co.

Further, every week we receive letters from men and women in Canada telling us of the marvellous value of Mother Seigel's Syrup as a means of keeping the bowels in a healthy and active condition.

We are quite prepared to stand by the verdict of the people who write us, and with good reason, too, for they write from personal experience. If Mother Seigel's Syrup did not do what we claim for it, these good people wouldn't waste time and ink in praising Mother Seigel's Syrup. It isn't likely, now, is it?

Mr. Goodin's letter illustrates what we have said in a previous article—that indigestion and constipation often go together, and it further shows that if you want to enjoy good health you must get rid of both.

Now Mr. Goodin will tell you how to do it. Writing on Feb. 10th, 1913, he says :—

"I suffered with indigestion, and constipation made my condition even more acute, and seemed to put health out of my reach for ever. Indigestion and constipation are the worst things that can happen to a man, for they grow steadily, until the pains become almost unbearable.

"No matter what I ate—even the lightest food that could easily be taken by a young child—caused me misery, and relief or cure seemed impossible.

"Headaches and dizzy spells were frequent, and Sunday was the only day in the week I welcomed, for I could stay in the house and keep quiet. 'Mean' was no word to express my feelings, and a glance in the mirror was enough to show me that I was showing signs of the semi-starvation and constant pain. My cheeks became hollow, and my skin a dull yellowish colour.

"I managed to stay at my work around the farm, but it was a tough proposition nevertheless. I was advised to give Mother Seigel's Syrup a trial by a friend, who knew of its reputation, and in a few days it proved to me that its great reputation is well deserved.

"In two weeks a change for the better set in, noticeable in the greater freedom from pain after food. In one month the pain quit altogether, even though I took foods that I had had to refrain from for years. The action of my bowels was regular and thorough, and although it took some time to regain the weight I had lost, I was cured.

"I consider that Mother Seigel's Syrup is the only thing for the dyspeptic and any such reading this letter will take Mother Seigel's Syrup if they are wise."

One of the great merits of Mother Seigel's Syrup as a remedy for sluggish and inactive bowels is its gentle action—it does not produce violent griping or purging as do many of the much used mineral aperients.

Mother Seigel's Syrup is made from the curative extracts of roots, barks, and leaves, and these together act quietly upon the bowels, and at the same time tone up the liver and the stomach.

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	W	4 24	7 42	morn.	3 54	8 14	11 51
2	Th	4 25	7 42	0 04	3 55	8 14	morn.
3	F	4 25	7 42	0 28	3 55	8 13	0 03
4	S	4 26	7 41	1 01	3 56	8 13	0 24
5	S	4 26	7 41	1 42	3 57	8 12	0 56
6	M	4 27	7 41	2 38	3 58	8 12	1 47
7	Tu	4 27	7 40	rises	3 59	8 11	rises
8	W	4 28	7 40	9 00	4 00	8 11	9 40
9	Th	4 28	7 39	9 24	4 01	8 10	9 54
10	F	4 29	7 39	9 44	4 02	8 10	10 05
11	S	4 30	7 38	10 00	4 03	8 09	10 11
12	S	4 30	7 38	10 16	4 03	8 08	10 20
13	M	4 31	7 37	10 33	4 04	8 07	10 28
14	Tu	4 32	7 37	10 48	4 04	8 06	10 36
15	W	4 33	7 36	11 06	4 05	8 05	10 47
16	Th	4 34	7 36	11 30	4 06	8 04	11 01
17	F	4 35	7 35	morn.	4 07	8 03	11 23
18	S	4 36	7 34	0 01	4 08	8 02	11 55
19	S	4 37	7 34	0 40	4 09	8 01	morn.
20	M	4 38	7 33	1 30	4 10	8 00	0 43
21	Tu	4 38	7 33	2 32	4 12	7 59	1 48
22	W	4 39	7 32	sets	4 14	7 57	sets
23	Th	4 40	7 31	8 24	4 16	7 55	8 59
24	F	4 41	7 30	8 50	4 17	7 53	9 17
25	S	4 42	7 29	9 10	4 18	7 52	9 28
26	S	4 43	7 28	9 30	4 20	7 50	9 37
27	M	4 44	7 27	9 50	4 21	7 49	9 48
28	Tu	4 45	7 26	10 10	4 22	7 47	9 58
29	W	4 47	7 25	10 32	4 24	7 46	10 10
30	Th	4 48	7 24	11 01	4 26	7 45	10 27
31	F	4 49	7 23	11 40	4 27	7 44	10 55

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

Full Moon	7th	9.46 a.m.
Last Quarter	15th	3.18 a.m.
New Moon	22nd	10.24 p.m.
First Quarter	29th	7.37 p.m.

QUEBEC & ONTARIO.

Full Moon	7th	8.44 a.m.
Last Quarter	15th	2.16 a.m.
New Moon	22nd	9.22 p.m.
First Quarter	29th	6.35 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

Full Moon	7th	7.31 a.m.
Last Quarter	15th	1.3 a.m.
New Moon	22nd	8.9 p.m.
First Quarter	29th	5.22 p.m.

BRITISH COLUMBIV.

Full Moon	7th	5.46 a.m.
Last Quarter	14th	11.18 p.m.
New Moon	22nd	6.24 p.m.
First Quarter	29th	3.37 p.m.

THINGS EVERY MOTHER SHOULD KNOW.

WHEN A CHILD IS BURNT.—Do not apply water, or you will drive the little one mad with pain. Apply MOTHER SEIGEL'S OINTMENT, and cover the part affected with cotton wadding or clean linen to keep it from the air.

SEVERE CUTS.—A clean cut heals better when the wound is not washed. But if there is dirt, or particles of grit in the cut, it should be washed in warm water. Then apply a little KNO-SKA (No Scar), which heals quickly. Always have it handy in your cupboard.

BORAX.—A little borax added to the water in which the child is washed has a beneficial effect upon the skin.

TEETHING.—If teething causes a baby to be fretful get a pennyworth of honey of roses from the chemist and rub the gums with it. This is very soothing, and helps on the teeth.

BROTH.—If made of mutton or veal, with stale bread toasted and broken in, is safe and strengthening for the dinners of children.

A CHILD'S COLD.—If your child catches cold it is a good plan to rub the chest well with sweet oil night and morning. Warm the hand, apply about half a teaspoonful, and rub gently for five minutes.

FOR TOOTHACHE.—Try a few drops of oil of cloves on a wad of cottonwool and place on the aching tooth. Sometimes a hot fomentation will give quick relief.

BABY'S EARS.—If baby's ears grow outwards let him wear at night a small open-work bonnet. This will keep the ears flat. But don't let the bonnet be tight.

SOME DON'TS.—Don't let the bringing up of a child be all a mother's care. A father should take his share.

Don't frighten naughty children by threatening to tell father. Make them respect him—not fear him.

Don't preach at a child. Make him feel that he must obey you without showing his temper.

THE LIVER
A Good Friend—But a Bad Enemy.

"IS life worth living?" asked a man of his friend one day. Prompt came the answer, "It depends on the liver," and a very excellent answer too. It does indeed depend upon the liver. Many a man and woman knows that by painful experience. So it comes about that we excuse a man almost anything if he is "liverish," for the liver distils bad temper, wretchedness and misery as surely as the sun dispels the morning mist. Liverishness doesn't give a man or a woman a chance in life—it is a life-spoiler, a joy-killer.

Liverishness leads straight to headaches, sickness, to torturing bouts of biliousness, to irritability, blurred vision, bad skin, dull and drowsy eyes, and chronic weariness.

This is no mere exaggeration. It is the naked truth. If you don't know it from personal experience, be thankful.

Doesn't liverishness often make men and women feel that life is hardly worth living, and doesn't it prostrate women for days at a time with bilious attacks and sick headaches? Yes, the liver is a good friend, but a bad enemy.

To get and keep on good terms with your liver, you should have resort to the most popular remedy for liver troubles—Mother Seigel's Syrup, at the very first symptom of liver disorder. For over 40 years it has been successfully used by tens of thousands for banishing and preventing the many distressing symptoms of liverishness.

Whenever and wherever Mother Seigel's Syrup is used to regulate the action of the liver it almost invariably gives prompt relief. In this way it has brought brightness and better health into the lives of men and women all the world over.

The herbal extracts of which Mother Seigel's Syrup is composed not only help the liver, but also the stomach and bowels. Get these organs into a state of healthy activity, and—failing organic disease—you are bound to be well and strong.

Mr. Etienne Pammerleau, of Riviere Bleue, Quebec, Temiscouata Co., in a letter dated February 25th, 1913, says:—"Having read in your Almanac many letters from people who have been cured by Mother Seigel's Syrup, I would like to tell you that it has done more for me than any other medicine, curing me of a liver disorder of six years standing. In my search for relief from the sick headache and pain in the back, I tried many preparations, and while many gave me relief for a time, I always found myself back again in the old trouble.

"I had to choose my diet, almost like a confirmed invalid, and even then food would result in giddiness and headache, and very often cause an unpleasant slimy taste in my mouth. I am perfectly sure that Mother Seigel's Syrup cured me, and take pleasure in sending you these particulars, which you are at liberty to use if you so desire."

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	4 50	7 21	morn.	4 28	7 43	11 37
2	S	4 51	7 20	0 27	4 30	7 42	morn.
3	M	4 52	7 18	1 29	4 31	7 40	0 39
4	Tu	4 53	7 17	2 40	4 33	7 38	1 56
5	W	4 54	7 16	rises	4 34	7 37	rises
6	Th	4 55	7 15	7 47	4 35	7 35	8 12
7	F	4 56	7 14	8 05	4 36	7 34	8 21
8	S	4 57	7 13	8 21	4 38	7 32	8 29
9	S	4 58	7 11	8 38	4 40	7 30	8 37
10	M	4 59	7 10	8 54	4 41	7 28	8 44
11	Tu	5 00	7 09	9 11	4 43	7 26	8 53
12	W	5 01	7 08	9 32	4 45	7 25	9 07
13	Th	5 02	7 07	9 59	4 46	7 24	9 23
14	F	5 03	7 05	10 33	4 47	7 22	9 50
15	S	5 05	7 03	11 18	4 48	7 20	10 31
16	S	5 06	7 02	morn.	4 49	7 18	11 29
17	M	5 07	7 00	0 15	4 51	7 16	morn.
18	Tu	5 09	6 58	1 22	4 52	7 14	0 41
19	W	5 11	6 57	2 37	4 54	7 12	2 06
20	Th	5 12	6 56	3 55	4 56	7 10	3 35
21	F	5 13	6 54	sets	4 58	7 08	sets
22	S	5 14	6 52	7 34	5 00	7 06	7 45
23	S	5 15	6 51	7 54	5 02	7 04	7 56
24	M	5 16	6 49	8 14	5 03	7 02	8 06
25	Tu	5 17	6 47	8 37	5 05	7 00	8 18
26	W	5 18	6 45	9 04	5 06	6 58	8 33
27	Th	5 19	6 44	9 40	5 07	6 56	8 57
28	F	5 20	6 42	10 24	5 09	6 54	9 35
29	S	5 21	6 40	11 21	5 10	6 51	10 30
30	S	5 22	6 38	morn.	5 12	6 49	11 42
31	M	5 23	6 36	0 28	5 14	6 47	morn.

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

Full Moon	5th	8.27 p.m.
Last Quarter	13th	8.42 p.m.
New Moon	21st	8.13 a.m.
First Quarter	28th	12.39 a.m.

QUEBEC & ONTARIO.

Full Moon	5th	7.25 p.m.
Last Quarter	13th	7.40 p.m.
New Moon	21st	7.11 a.m.
First Quarter	27th	11.37 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

Full Moon	5th	6.12 p.m.
Last Quarter	13th	6.27 p.m.
New Moon	21st	5.58 a.m.
First Quarter	27th	10.24 p.m.

BRITISH COLUMBIA.

Full Moon	5th	4.27 p.m.
Last Quarter	13th	4.42 p.m.
New Moon	21st	4.13 a.m.
First Quarter	27th	8.39 p.m.

HINTS ON DIET.

When taking Mother Seigel's Syrup for any or all of the disorders arising from faulty digestion, do not overlook the fact that suitable food is of primary importance.

We give here a table showing what foods to avoid in indigestion, biliousness, acidity, and rheumatism :—

IN INDIGESTION.—Avoid rich, fatty foods such as bacon, ham, pork, veal and fat mutton. Eat sparingly of potatoes and cabbages. Take no pickles of any kind, or any highly seasoned food.

IN BILIOUSNESS.—Take plenty of exercise. Avoid raw fruits, all fatty foods, and alcohol. Let all meals be light for a few days.

IN HOT WEATHER.—In dry and hot weather it should be the aim of every person to counteract the heat by means of a cooling diet. Eat plenty of fruit, such as lemons, apples, plums, strawberries, cherries, etc.

IN ACIDITY.—See that the bowels are not constipated. Take light and easily digestible food, such as fish, eggs, and well-cooked vegetables. Avoid beef, pork, bacon, rich pastry, or highly seasoned soups. Take from fifteen to thirty drops of Mother Seigel's Syrup in water after each meal. It will remove the pain and burning at the pit of the stomach.

IN RHEUMATISM.—Avoid porridge; all starchy vegetables such as potatoes; also mustard, pepper, and all condiments; rich meats such as beef and pork. Drink plenty of cold water, and take moderate exercise every day of the week.

Don't forget the virtues of vegetables in hot weather. Avoid as far as possible making a heavy meal off rich meat, and do not drink too much water. Mother Seigel's Syrup is a splendid aid to the digestion in hot weather, as at all other seasons of the year.

LIVER TROUBLES.

SICKNESS—BLURRED VISION—HEADACHES—PALPITATION

All Banished by Mother Seigel's Syrup.

MR. BARNSTAPLE SAYS:—"I HAVE TO THANK YOU FOR BEING A WELL MAN TO-DAY," AND MRS. DUCHARME WRITES:—
"MOTHER SEIGEL'S SYRUP CURED ME PERFECTLY AND COMPLETELY."

THE misery that liver troubles cause—how would you describe them? It simply can't be done. You may speak of specks floating before the eyes, of sick headaches, vomiting and biliousness, irritability, and sleeplessness, but that doesn't really tell you what liver troubles mean, not by any means.

If you need a liver tonic, now or at any time, just give Mother Seigel's Syrup a trial and note how quickly it restores healthy activity to the liver, to the stomach, and the bowels.

Says Mr. Alfred Barnstaple, of Scatarie Island, N.S., writing on January 18th, 1912:—"Everything I ate caused pain and a sickly sensation, and often I had to vomit before feeling better. I dreaded the very thought of food and only took it because I knew I could not work unless I did eat something. I was badly constipated for days at a time; specks seem to float before my eyes, and I lost flesh and colour rapidly. I took many medicines but got no better, and gave them up after trial. Hearing of Mother Seigel's Syrup, I took two bottles, getting better right along, and I have to thank it for being a well man to-day."

Mrs. W. Ducharme, of St. Alexis des Montes, Maskinonge, P.Q., in a letter dated February 5th, 1912, says:—"As a family medicine, I do not think there is anything to equal Mother Seigel's Syrup. It cured me of violent attacks of biliousness and indigestion after I had searched for a cure for months. The oppression after eating was such as to be almost indescribable, and can only be known by those who have actually suffered them.

"Constipation and sick headache made me almost useless so far as work was concerned, the slightest exertion causing me to turn dizzy and weak, and my heart to thump as if it would burst. I was slowly growing worse, each morning feeling less able to get up, and each day more despondent. How it would have ended had it not been for Mother Seigel's Syrup is really more than I can say. I took it for three months. It cured me perfectly and completely."

Keep the stomach, liver and bowels healthy and active by the occasional use of Mother Seigel's Syrup, and disease can't break down the natural defences of your body.

Health, perfect health, is the only sure safeguard against the dreaded power of disease, and health itself depends upon a good stomach, a sound liver, and active bowels.

Therefore, take an occasional dose of Mother Seigel's Syrup whenever you feel a little out-of-sorts, or if you fear a bilious attack, or liver trouble, and rest assured that you will soon be all right again.

1914. Day Month	Day Week	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	Tu	5 25	6 34	1 41	5 16	6 45	1 03
2	W	5 26	6 32	2 54	5 18	6 43	2 27
3	Th	5 27	6 30	4 05	5 19	6 41	3 48
4	F	5 28	6 28	rises	5 20	6 39	rises
5	S	5 29	6 27	6 43	5 21	6 37	6 44
6	S	5 30	6 25	6 59	5 22	6 35	6 52
7	M	5 31	6 23	7 15	5 23	6 32	7 02
8	Tu	5 33	6 22	7 35	5 25	6 30	7 15
9	W	5 34	6 21	8 00	5 27	6 28	7 29
10	Th	5 35	6 19	8 31	5 28	6 26	7 51
11	F	5 36	6 17	9 10	5 29	6 24	8 25
12	S	5 37	6 16	10 01	5 30	6 21	9 14
13	S	5 38	6 14	11 02	5 31	6 19	10 18
14	M	5 39	6 12	morn.	5 33	6 17	11 36
15	Tu	5 40	6 10	0 12	5 35	6 15	morn.
16	W	5 41	6 08	1 28	5 36	6 13	1 04
17	Th	5 42	6 07	2 46	5 38	6 11	2 31
18	F	5 44	6 05	4 06	5 39	6 09	4 00
19	S	5 45	6 03	sets	5 41	6 07	sets.
20	S	5 46	6 01	6 18	5 43	6 04	6 13
21	M	5 47	5 59	6 39	5 45	6 02	6 24
22	Tu	5 48	5 57	7 05	5 47	6 00	6 39
23	W	5 50	5 55	7 38	5 48	5 57	7 00
24	Th	5 51	5 53	8 20	5 50	5 55	7 34
25	F	5 52	5 51	9 15	5 51	5 53	8 24
26	S	5 53	5 49	10 20	5 53	5 51	9 32
27	S	5 54	5 47	11 32	5 54	5 48	10 51
28	M	5 55	5 44	morn.	5 55	5 46	morn.
29	Tu	5 57	5 42	0 45	5 56	5 44	0 14
30	W	5 58	5 40	1 56	5 58	5 42	1 35

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

Full Moon	4th	9.47 a.m.
Last Quarter	12th	1.34 p.m.
New Moon	19th	5.19 p.m.
First Quarter	26th	7.49 a.m.

QUEBEC & ONTARIO.

Full Moon	4th	8.45 a.m
Last Quarter	12th	12.32 p.m.
New Moon	19th	4.17 p.m.
First Quarter	26th	6.47 a.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

Full Moon	4th	7.32 a.m.
Last Quarter	12th	11.19 a.m.
New Moon	19th	3.4 p.m.
First Quarter	26th	5.34 a.m.

BRITISH COLUMBIA.

Full Moon	4th	5.47 a.m.
Last Quarter	12th	9.34 a.m.
New Moon	19th	1.19 p.m.
First Quarter	26th	3.49 a.m.

COOKING WEIGHTS AND MEASURES.

The housewife cannot always put her hand on weights and measures when she is doing plain cooking. That's the reason why many a savoury dish could not be made on a particular day, and as always happens, just at a time when a thoughtful woman wants to give husband and family something in the nature of a treat.

Now, there are a number of ways of doing without weights and measures. You can be quite independent of these troublesome and somewhat expensive things. All you have to do is to consult the following table whenever you are in doubt or your memory fails you :—

1 quart of flour is one pound.
1 quart of granulated sugar is one pound, nine ounces.
1 quart of powdered sugar is one pound seven ounces.
1 pint of butter is one pound.
10 eggs, medium size, weigh one pound.
A piece of butter the size of an egg is two ounces in weight.
1 ordinary teacupful of butter is a ½ pound.
3 teacups of sugar make one pound.
1 tumbler full makes ½ pint.
7 nutmegs make one ounce.
2 cups of granulated sugar make one pound.
2 cups of lard make one pound.
2 cups of stale bread crumbs make one pound.
2 tablespoons of butter make one ounce.
4 tablespoons of flour make one ounce.
6 tablespoons baking powder make ½ ounce.
3 teaspoons full make one tablespoonful.

Thrust an oniony knife into the earth to take away the smell.

A spoonful of vinegar will set a poached egg.

Dirty saucepans filled with hot water begin to clean themselves.

Badly fitting slippers are fatiguing if worn in the house.

EATING IS A PLEASURE

TO THE HEALTHY, BUT A TORTURE

TO THE DYSPEPTIC.

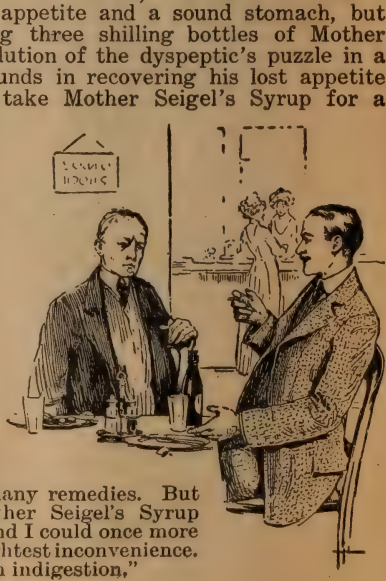
EATING should be a pleasure—a real pleasure. Whatsoever Nature makes necessary, she makes agreeable—that's her way of making sure that we do the necessary thing.

After a long tramp, over the moors, perchance, breathing pure, strong, invigorating air, have you never experienced the pleasure of eating even the most plain and homely fare? At such times, when good digestion waits on appetite, a simple meal of bread and cheese is a veritable banquet.

Contrast such a condition with that of a miserable, badly-nourished dyspeptic. Does he welcome the plain, homely fare? Does he wonder what there will be for dinner? Does he hurry home, driven there by a keen and healthy appetite? He does not—most certainly not.

The unfortunate dyspeptic is afraid to eat because of the agonising pains that follow a meal, however plain and wholesome it may be. More than that, he hasn't got a healthy appetite. If he forces himself to eat he suffers, if he does not eat, he becomes gradually weaker and weaker, so that between the two things—suffering and loss of strength—his condition is indeed pitiable.

Some little time ago, a man wrote to us, "I used to think I would give pounds for a good appetite and a sound stomach, but now I have both through taking three shilling bottles of Mother Seigel's Syrup." There's the solution of the dyspeptic's puzzle in a nutshell. He need not spend pounds in recovering his lost appetite and sound digestion. Let him take Mother Seigel's Syrup for a time, and he will soon be one of the many thousands who know from personal experience that there is nothing better than this world-famous herbal remedy for restoring tone and activity to the stomach, the liver, and the bowels. Good health and a good appetite depend upon the proper working of those organs. There is no gainsaying that!



Mr. Alex. Morrison, Ex-Postmaster, of North Cape Breton and Victoria Co., Tarbot, N.S., writes to us on March 3rd, 1913, as follows:—"For more than two years I suffered with all the terrible pains of indigestion and stomach trouble. In my misery I tried many remedies. But when everything else failed Mother Seigel's Syrup removed all traces of the trouble and I could once more eat all kinds of food, without the slightest inconvenience. It is a godsend to all who suffer from indigestion."

1914. Day Month	Day Week	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	TH	6 00	5 38	3 05	6 00	5 39	2 53
2	F	6 01	5 36	4 12	6 01	5 37	4 09
3	S	6 02	5 35	5 16	6 03	5 35	5 21
4	S	6 03	5 33	rises	6 05	5 33	rises
5	M	6 04	5 32	5 41	6 07	5 31	5 22
6	TU	6 05	5 30	6 03	6 08	5 29	5 36
7	W	6 06	5 28	6 32	6 09	5 27	5 56
8	TH	6 08	5 27	7 08	6 11	5 25	6 24
9	F	6 09	5 25	7 54	6 12	5 23	7 07
10	S	6 10	5 23	8 50	6 14	5 21	8 05
11	S	6 11	5 22	954	6 15	5 18	9 15
12	M	6 12	5 20	11 06	6 17	5 16	10 37
13	TU	6 13	5 19	morn.	6 19	5 14	morn.
14	W	6 15	5 17	0 21	6 21	5 12	0 01
15	TH	6 17	5 16	1 38	6 22	5 10	1 28
16	F	6 18	5 14	2 57	6 23	5 08	2 56
17	S	6 19	5 12	4 16	6 25	5 06	4 24
18	S	6 21	5 11	5 38	6 27	5 04	5 56
19	M	6 22	5 09	sets	6 28	5 02	sets
20	TU	6 23	5 07	5 33	6 30	5 00	5 02
21	W	6 24	5 06	6 14	6 31	4 58	5 30
22	TH	6 25	5 04	7 05	6 33	4 56	6 15
23	F	6 27	5 02	8 08	6 34	4 54	7 19
24	S	6 28	5 01	9 21	6 35	4 52	8 37
25	S	6 29	5 00	10 34	6 37	4 50	10 01
26	M	6 30	4 59	11 47	6 39	4 48	11 24
27	TU	6 31	4 58	morn.	6 41	4 46	morn.
28	W	6 33	4 56	0 57	6 42	4 44	0 42
29	TH	6 34	4 54	2 03	6 44	4 42	1 58
30	F	6 35	4 52	3 09	6 46	4 40	3 11
31	S	6 37	4 50	4 11	6 48	4 38	4 22

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

Full Moon	4th	1.45 a.m.
Last Quarter	12th	5.19 a.m.
New Moon	19th	2.20 a.m.
First Quarter	25th	6.30 p.m.

QUEBEC & ONTARIO.

Full Moon	4th	12.43 a.m.
Last Quarter	12th	4.17 a.m.
New Moon	19th	1.18 a.m.
First Quarter	25th	5.28 p.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

Full Moon	3rd	11.30 p.m.
Last Quarter	12th	3.4 a.m.
New Moon	19th	12.5 a.m.
First Quarter	25th	4.15 p.m.

BRITISH COLUMBIA.

Full Moon	3rd	9.45 p.m.
Last Quarter	12th	1.19 a.m.
New Moon	18th	10.20 p.m.
First Quarter	25th	2.30 p.m.

THE LANGUAGE OF THE POSTAGE STAMP.

Suppose you place a postage stamp on an envelope upside down, top left-hand corner, then this means that you love the person to whom you are writing.

A stamp placed crosswise on top left-hand corner says, "My heart belongs to another."

Placed right side up, and on the same corner, it also says, "Bye-by, dearest."

A stamp at the left-hand bottom corner means, "Write soon."

If placed in a line with a surname on the left-hand side, the meaning is, "Accept love."

If placed upside down in the right-hand corner, "My heart is another's."

On the right-hand, crosswise, "Do you love me, dearest?"

At the bottom right-hand corner of the envelope, crosswise; "No," in answer to a question.

Same place, right side up, the answer is "Yes."

MASCOTS AND THEIR MEANING.

The word "mascot" is French for a little sorcerer or magician—anything that brings good luck or charms misfortune away.

The belief in mascots is very wide-spread. Men who fly in aeroplanes wear them, motorists fix them to the front of their cars, tens of thousands are worn as articles of jewellery.

You can choose your own mascot from amongst many and start to believe in it right away. It may be a model of a mummy in a case, the Buddhist prayer-wheel, the New Zealand greenstone, the Lincoln imp, the Mikko monkey, the lucky bean, the gold horseshoe, pretty models of clogs, four-leaved clover, snakes, spiders, beetles, pigs, and so on. All these can be bought at the jewellers.

Or you may make your own special mascot such as some small article you had in your possession when fortune smiled upon you, say, a pebble, a crooked sixpence, an old and battered penny, a lion shilling, or a foreign coin.

The Different Kinds of Headaches.

"I'VE got a shocking headache to-day." How many times do you hear that remark in the course of a week? And doesn't it make you wonder why headaches are so common, and why so many people, even those who appear to be strong and well, suffer from them?

Mind you, headaches don't arise of themselves. There's a reason for every one of them, and the reason may be so simple that you have never even thought of it.

Headaches are due to various causes, as any doctor will tell you. Eye-strain, fevers, brain trouble, and neurasthenia, all bring on headaches. But these are not the most common causes of headaches. For instance :—

Constipation can and does cause headaches—Liver troubles cause headaches—Indigestion causes headaches. It follows, therefore, that where there is some disorder of the stomach, liver and bowels, headaches will be one of the first, if not the most distressing symptoms.

It is so, without a doubt, and for the same good reason we are well within the truth in saying that indigestion, liver trouble, and constipation are responsible for more headaches than any other known complaint. Now you can see the necessity for inducing healthy action of the stomach, liver, and bowels, if you would be free from headaches. Now you can also see why Mother Seigel's Syrup is such a splendid remedy for headaches, because it is good for the liver, good for the bowels, and good for the stomach.

There are tens of thousands of healthy people to-day, who, if you could consult them, would most certainly say to you, "Yes, Mother Seigel's Syrup did drive away my headaches, and made me fit and well." It is the combination of roots, barks and leaves in Mother Seigel's Syrup that accounts for its wonderful success in restoring tone and strength to weak stomachs, sluggish livers, and inactive bowels.

Here is a case in point :—

Says Mrs. David Hickey, of Restigouche Co., Lorne, N.B., writing on February 22nd, 1913:—"I used to suffer from headaches nearly every day and in a short time became weak and thin and found it harder to get through my work. My sleep was restless and disturbed because of pains in my stomach, whilst every morning my tongue was thickly coated and my breath bad and unpleasant. I was advised to try Mother Seigel's Syrup, and now I believe I am entirely cured, and cannot praise it too highly and will always recommend it."

1914.		For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Alberta, and Saskatchewan.		
Day Month	Day Week	Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	6 39	4 48	5 15	6 50	4 36	5 34
2	M	6 41	4 47	rises	6 52	4 34	rises
3	Tu	6 42	4 46	4 35	6 54	4 32	4 01
4	W	6 43	4 45	5 09	6 56	4 31	4 27
5	Th	6 44	4 44	5 51	6 57	4 30	5 06
6	F	6 45	4 43	6 44	6 58	4 29	5 59
7	S	6 46	4 42	7 45	6 59	4 28	7 03
8	S	6 47	4 41	8 53	7 01	4 26	8 20
9	M	6 48	4 40	10 04	7 03	4 24	9 43
10	Tu	6 49	4 39	11 18	7 05	4 22	11 04
11	W	6 50	4 38	morn.	7 06	4 21	morn.
12	Th	6 51	4 37	0 33	7 07	4 20	0 27
13	F	6 52	4 35	1 49	7 09	4 19	1 54
14	S	6 54	4 34	3 06	7 11	4 18	3 21
15	S	6 56	4 33	4 29	7 13	4 17	4 53
16	M	6 57	4 32	5 55	7 15	4 16	6 29
17	Tu	6 59	4 31	sets	7 16	4 15	sets
18	W	7 00	4 30	4 48	7 17	4 14	4 02
19	Th	7 01	4 29	5 49	7 19	4 13	4 59
20	F	7 02	4 28	6 59	7 21	4 12	6 14
21	S	7 04	4 28	8 16	7 22	4 10	7 39
22	S	7 06	4 27	9 31	7 23	4 09	9 05
23	M	7 07	4 27	10 44	7 25	4 08	10 28
24	Tu	7 08	4 26	11 53	7 27	4 07	11 46
25	W	7 09	4 26	morn.	7 28	4 06	morn.
26	Th	7 10	4 25	0 59	7 30	4 05	1 00
27	F	7 11	4 25	2 03	7 32	4 04	2 11
28	S	7 12	4 24	3 06	7 33	4 04	3 24
29	S	7 13	4 24	4 11	7 34	4 03	4 35
30	M	7 14	4 24	5 16	7 35	4 02	5 47

MOON'S PHASES.

PRINCE EDWARD ISLAND, NOVA SCOTIA & NEW BRUNSWICK.

Full Moon	2nd	7.35 p.m.
Last Quarter	10th	7.23 p.m.
New Moon	17th	11.48 a.m.
First Quarter	24th	9.25 a.m.

QUEBEC & ONTARIO.

Full Moon	2nd	6.33 p.m.
Last Quarter	10th	6.21 p.m.
New Moon	17th	10.46 a.m.
First Quarter	24th	8.23 a.m.

MANITOBA, SASKATCHEWAN, AND ALBERTA.

Full Moon	2nd	5.20 p.m.
Last Quarter	10th	5.8 p.m.
New Moon	17th	9.33 a.m.
First Quarter	24th	7.10 a.m.

BRITISH COLUMBIA.

Full Moon	2nd	3.35 p.m.
Last Quarter	10th	3.23 p.m.
New Moon	17th	7.48 a.m.
First Quarter	24th	5.25 a.m.

PLEASANT INDOOR HOURS.

Recreation to suit the mood of the moment is often difficult to find, particularly if you have no special hobby or pastime. But spare time can be utilised in a hundred ways, with profit and pleasure to yourself.

Books are a real wonderland, a solace to tired minds, a pleasant means of acquiring knowledge to all who care to use them. If you are a country resident and find that books are difficult to obtain, don't forget that the enterprising publishers in our cities are always ready to supply your demands.

If you don't like reading, have some hobby such as wood-carving, fretwork, or wood-turning. Practice, mixed with a little determination, will show you the way to make all sorts of useful articles for the home.

Think of the wonderful things that sailors make in their spare hours! Wooden spoons, sugar basins, and candlesticks, have been made from bits of wood rubbed into shape with a piece of broken glass. No man need be idle or unhappy if he will let his mind work.

Passe partouting or home picture framing, will be found pleasurable and will in addition provide many articles of wall decoration. Passe partout is an adhesive tape, sold in all colours, and obtainable from any art or departmental store.

Pyrography, or burnt wood work, is another pastime that will afford almost endless pleasure, and provide useful and decorative articles for the home. It consists in burning designs previously traced upon wood, such designs as flowers, clusters of fruit, etc., by means of a platinum pointed needle, kept at white heat by benzine vapour.

The outfit is simple and comparatively cheap, and can be bought from any art or departmental store.

Indigestion——Flatulence——Headaches Giddiness and Acidity.

REMOVED BY MOTHER SEIGEL'S SYRUP AFTER OTHER REMEDIES HAD FAILED.

IF you are suffering from any of the symptoms of stomach and liver troubles as described by the people who write the letters appearing on this page, it will well repay you to follow their example and take a dose of Mother Seigel's Syrup daily after your meals.

It sounds simple, but then the simple things are often the best. And in any case, that was all these people had to do to recover their good health. Just try one bottle, and test for yourself the truth of their statements.

GIDDINESS AND ACIDITY GONE.

Mrs. M. G. Wilson, of Little Shippigan, Gloucester Co., N.B., writes on February 14th, 1913:—"I beg to inform you that I used Mother Seigel's Syrup, when suffering from giddiness and acidity, and found it an excellent remedy. Wind on the stomach, that seemed to press against my heart, making it beat violently, was one of the symptoms, entirely removed by its use.

"I am pleased to send these few words of acknowledgment, which I hope may do something towards pointing a way of escape for others who suffered as I did, and shall be pleased at all times to say a word in favour of Mother Seigel's Syrup when opportunity offers."

OTHER REMEDIES USELESS.

Mr. A. Matheson, of North Cape Breton and Victoria Co., Boulardarie Centre, N.B., writes on January 21st, 1913:—"I was troubled with acute indigestion, trying many different remedies without result, and it was not until I commenced a course of Mother Seigel's Syrup, that I knew what relief really meant.

"A few drops after meals with two or three Seigel's Pills at bed time will, if taken regularly, cure the worst case of indigestion. I also found Seigel's Porous Plasters excellent for sprains or stiffness."

"ALWAYS GOOD FOR SICK HEADACHES."

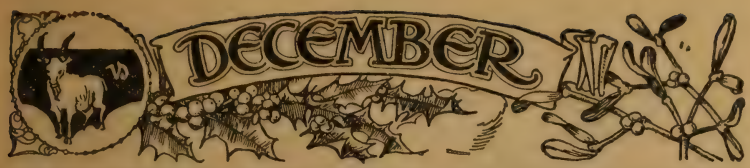
"It is with pleasure that I write to say we have been using Mother Seigel's Syrup a good many years and have always found it good for sick headaches, indigestion, and stomach troubles. We always keep a bottle in the house to have it handy. If these few lines are of any good to you, you can use them as you please." Mrs. Stephenson, Thunder Bay and Rainy River Dist., Stanley Township, Ont., January 8th, 1913.

DISTRESSED BY PAINS AFTER EATING.

"For some considerable time I was troubled with wind on the stomach, and was greatly distressed by pains after eating. I was advised to try Mother Seigel's Syrup and used several bottles with most excellent results. I am pleased to say that by taking a few drops after meals I recovered—the pain and distress vanishing." Elizabeth McLennan, North Gut, St. Ann's, C.B., North Cape Breton and Victoria Co., January 21st, 1913.

FINDS IT INVALUABLE.

"I have used Mother Seigel's Syrup as a remedy for indigestion and find it invaluable." Mrs. Sarah Watson, Huron Co., Bayfield, Ont., January 28th, 1913.



1914. Day Week	Day Month	For the Provinces of Ontario and Quebec. Sun Rises.	Sun Sets.	Moon Sets.	For the Provinces of Manitoba, Alberta, and Saskatchewan. Sun Rises.	Sun Sets.	Moon Sets.
		h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	Tu	7 15	4 24	6 22	7 37	4 01	7 03
2	W	7 16	4 24	rises	7 39	4 01	rises
3	Th	7 17	4 24	4 40	7 40	4 00	3 54
4	F	7 18	4 24	5 39	7 41	4 00	4 57
5	S	7 19	4 23	6 46	7 42	3 59	6 11
6	S	7 20	4 23	7 55	7 43	3 59	7 31
7	M	7 21	4 23	9 08	7 44	3 59	8 50
8	Tu	7 22	4 23	10 20	7 46	3 59	10 12
9	W	7 23	4 23	11 34	7 47	3 59	11 34
10	Th	7 23	4 23	morn.	7 48	3 58	morn.
11	F	7 24	4 23	0 46	7 49	3 58	0 56
12	S	7 25	4 23	2 04	7 50	3 58	2 24
13	S	7 26	4 24	3 25	7 51	3 58	3 55
14	M	7 27	4 24	4 49	7 52	3 59	5 30
15	Tu	7 28	4 24	6 12	7 53	3 59	7 04
16	W	7 29	4 24	7 31	7 54	3 59	8 30
17	Th	7 29	4 25	sets	7 54	3 59	sets
18	F	7 30	4 25	5 50	7 55	3 59	5 08
19	S	7 30	4 25	7 08	7 55	3 59	6 37
20	S	7 31	4 26	8 25	7 56	3 59	8 04
21	M	7 31	4 26	9 38	7 56	3 59	9 27
22	Tu	7 32	4 27	10 47	7 56	3 59	10 44
23	W	7 32	4 27	11 52	7 56	4 00	11 57
24	Th	7 33	4 28	morn.	7 57	4 01	morn.
25	F	7 33	4 28	0 55	7 57	4 02	1 09
26	S	7 33	4 29	2 01	7 57	4 03	2 22
27	S	7 33	4 29	3 06	7 57	4 04	3 35
28	M	7 33	4 30	4 11	7 58	4 05	4 48
29	Tu	7 34	4 31	5 15	7 58	4 06	6 02
30	W	7 34	4 32	6 19	7 58	4 08	7 12
31	Th	7 34	4 33	7 17	7 59	4 09	8 13

MOON'S PHASES.

Prince Edward Island, Nova Scotia & New Brunswick.		
Full Moon	2nd	2.7 p.m.
Last Quarter	10th	7.18 a.m.
New Moon	16th	10.21 p.m.
First Quarter	24th	4.11 a.m.

Quebec & Ontario.		
Full Moon	2nd	1.5 p.m.
Last Quarter	10th	6.16 a.m.
New Moon	16th	9.19 p.m.
First Quarter	24th	3.9 a.m.

Manitoba, Saskatchewan, and Alberta.		
Full Moon	2nd	11.52 a.m.
Last Quarter	10th	5.3 a.m.
New Moon	16th	8.6 p.m.
First Quarter	24th	1.56 a.m.

British Columbia.		
Full Moon	2nd	10.7 a.m.
Last Quarter	10th	3.18 a.m.
New Moon	16th	6.21 p.m.
First Quarter	24th	12.11 a.m.

GAMES FOR AN EVENING PARTY.

THOUGHT READING.

With the company seated in a circle, one lady thinks of a gentleman present, and then asks, "What's the object of my thoughts like?" The others answer as they please, and liken him to a "sixpence," "a gorilla," "the moon," "a star," "a post." When everyone has named some object of resemblance the lady tells who was the object of her thoughts, and demands in what manner he resembles the animal or thing named. Then the laughter begins.

HUNT THE RING.

Slip a ring on to a long piece of string and tie the ends together. Let players stand in a circle and pass the ring from one to the other. One player stands in the centre of the circle and taps the hand of the person concealing the ring. This player cannot become one of the circle until he finds the ring. A very amusing game for any evening party.

THE HEAVY SNEEZE.

Separate the party into three divisions, and at a given signal let them shout, "Hish!" "Hush!" "Hosh!"—each party taking one word. The sound is like that of a gigantic sneeze.

CLUMPS.

The party is separated into two "clumps." Then two persons leave the room, and decide upon a subject, such as "the time," "a football match," "a bicycle," etc. When they come into the room, each in turn is questioned by the "clumps." They are not allowed to answer anything but "Yes" or "No." There is great excitement as each party strives hard to be the first to guess right. Whichever "clump" succeeds adds the two players to their number. Two others, one from each "clump," are sent out of the room, and so the game goes on until one "clump" has a big majority over the other.

WHAT'S WRONG WITH OUR GIRLS?

WALK where you will,—in the crowded city street, the busy factory town and quiet country village—it's all the same, you meet them everywhere, girls and young women with pallid cheeks, lack-lustre eyes, sallow skin, and flagging steps.

What's wrong with them? Why are they so pale, so listless, and so feeble? Listen, they're starved, literally starved, yes, and poisoned too. Starved, mind you, not for lack of food, oh dear no, there's food in plenty for most of them, but what's the good of food, if your digestive organs are so weak or disordered that they can't extract the nourishment it contains, and pass it on through the bloodstream to build up, nourish, re-vitalise and strengthen every part of your body? You can't get heat from coal unless you burn it, now can you? And it's equally certain you can't get nourishment from food unless you digest it.

But that's not all, they're poisoned, self-poisoned by the undigested mass of food which lies fermenting in the bowels instead of being carried out of the system as Nature intended it should be. These poisons, the products of indigestion and constipation, are absorbed into the bloodstream and positively kill the army of little red blood corpuscles which give the blood its rich red colour, and whose duty it is to burn up all waste matter in the blood. That's why these poor victims of anæmia are so pale—their blood is pale and poor in quality.

At all periods of life, a woman must guard her health with watchful care, for a slight chill, a shock to the nerves, constipation, indigestion, or indeed anything that disturbs the even course of her life may cause untold suffering.

But much, very much, of the sufferings of womankind might be avoided if necessary precautions were taken. The great safeguard, the one supreme protection, is to maintain the general health of the system. In curing anæmia, as in curing most complaints to which women are specially liable, fresh air with reasonable out-door exercise is of the first importance.

Add to this a course of Mother Seigel's Syrup, so that the digestion may be sound, the liver active, and the action of the bowels free and natural. Then the blood will be pure, the system fully nourished, and health will bloom in the cheek and sparkle in the eye. All the organs of the body will draw strength from the rich life stream that courses through them, and having that strength, they will act smoothly and harmoniously.

More Praise for Mother Seigel's Syrup.

DON'T MISS THESE ENTHUSIASTIC LETTERS FROM GRATEFUL PEOPLE WHO ARE NOW HEALTHY AND HAPPY AFTER MUCH SUFFERING AND WEAKNESS.

NO RHEUMATISM NOW.

Capt. T. D., Cook, of Isaac's Harbour, N.S., Guysborough Co., writes on January 21st, 1913 :—

"Before I gave up my long connection with the sea for the quieter life of a store-keeper, I had learned to do what seamen have a reputation for doing, that is, taking whatever comes along with the broadest smile possible under the circumstances. Out at all hours and weathers, meals when it's convenient, bed when there is no work to be done.

"I developed rheumatism in my back, shoulders and arms, and had I been at my old calling, I doubt if I could have held the tiller against the stiff Nor'easter, without a few quiet ejaculations, at the sharp spasms of pains that would shoot up my back like an electric shock.

"Fortune served me a good turn when I got in touch with Mother Seigel's Syrup through a friend, and it did not take long to get to work. Very soon the pains decreased and after a while left me altogether, but the bottle of Mother Seigel's Syrup on the shelf reminds me often of my experience, and always earns for itself a word of sincere thanks."

GOOD FOR KIDNEY TROUBLE TOO.

Says Mrs. Emilie Levesque, of Ste. Anne des Monts, Que., Gaspe Co., writing on January 25th, 1913 :—"I suffered for twenty years with kidney trouble and constipation. I was advised to try many remedies, but my pain became worse, until I was a walking skeleton. At last I tried Mother Seigel's Syrup—and began to feel that I should get better. I bought two bottles and took a good dose every night, until within a year I was cured completely.

"I had suffered through night and day, and now I do not know what pain is. I shall always have a good word for Mother Seigel's Syrup."

"IT GAVE ME GOOD HEALTH."

That is the statement of Mr. Alfred Bouchard, of Temiscouata Co., Que., Blue River, who writes on February 2nd, 1913 :—"This letter is to inform you that Mother Seigel's Syrup cured me of an attack of indigestion, which lasted two years. It gave me good health, after all other remedies proved worthless."

"I FEEL LIKE A NEW WOMAN."

So says Mrs. Sherman McGrath, of McGrath Cove, Halifax Co., N.S., who sent us the following letter on February 17th, 1913 :—I am writing you these few lines to tell you how much Mother Seigel's Syrup has done for me. I have used it for weakness of the stomach for some years, and it has helped me wonderfully. I feel like a new woman, and I believe that Mother Seigel's Syrup is the very best medicine for stomach and kidney trouble that anyone can buy."

A REAL TONIC.

ONE THAT HELPS YOU TO HELP YOURSELF.

ON this page we want to explain to you the difference between a true tonic, one that really builds up your strength, and a stimulant, one of the many which are now offered to you in various forms and under various names.

It will be almost sufficient if we illustrate our point by saying that a stimulant produces *unhealthy* activity of the organs of the body.

It forces the nervous system, the brain, and the digestive system to work at high pressure. And while that lasts you feel better. But note—a stimulant only helps for a time, a short time, and afterwards you want more and more stimulants to keep you going. Once get to that point, and you are as surely on the way to moral and physical destruction as any slave of alcohol.

Now for the great difference between Mother Seigel's Syrup, a real tonic, and mere stimulants, for which you usually have to pay a high price.

Mother Seigel's Syrup is a herbal preparation made from certain roots, barks, and leaves. It is *not* a stimulant. It *does not* force the pace of the digestive or the nervous system. Instead, it first of all gets rid of the impurities in the body by regulating the bowels. It ensures that you get full nourishment from food by enabling the stomach to digest the food you eat. It tones and regulates the liver, so that the necessary amount of bile is produced by that organ to assist in the work of digestion.

In a word, stimulants, by whatever fancy name they may be called, simply draw on your reserves of strength and energy—they borrow to-day what must inevitably be paid back to-morrow. On the other hand, Mother Seigel's Syrup helps you to create *new* stores of strength, energy and vitality, by toning and strengthening the great vital organs of the body and so enabling them to extract the nourishment from your food which it is essential you should have, if your blood stream is to carry new life, vigour and vitality to every part of your body.

There are times when we all need a tonic, times when from various causes—perhaps bad weather, over-work, worry, excitement—the stomach, or the liver, or the bowels are just a trifle out of tone.

You can recognise the condition by the occasional headaches, by languor, lassitude, weariness, giddiness, a sense of pressure on the chest, or fulness of the stomach after a meal.

When you *do* need a tonic take Mother Seigel's Syrup. Avoid stimulants as you would any other harmful thing, and you will soon discover, and be thankful for it too, that Mother Seigel's Syrup, because it is a real tonic for the stomach, liver, and bowels, restores tone, vigour and vitality to every part of the body.

CHARACTER FROM THE FINGER NAILS.

There is a good deal of character in the finger nails, as any palmist will tell you.

When the nails are of a purplish hue it is a sign of heart trouble.

The very red nail indicates a person with a hasty temper, one who is apt to flare up upon the slightest provocation.

Such a person is also very impulsive, very much given to doing things on the spur of the moment, and repenting of them afterwards.

The short, broad nail denotes an extravagant disposition, but usually the ability to earn plenty of money.

If the nails are long, tapering, and white, the person who has them is sometimes inclined to be quarrelsome and at times selfish.

Stubbornness, sulkiness, and also great determination are said to go with very small nails lying close to the flesh and flattish on top.

If the third finger nail is raised up in the form of a ridge, and is tender to the touch, it is a sign of good breeding and also of highly-strung nerves.

Ridges on all the nails of the fingers, together with numerous white spots, indicate sadness and an unhealthy state of the system.

DO YOU KNOW?

Who was the first electrician in the Bible?

Noah—he made the Ark light on Mount Ararat.

How did Jonah feel when the whale swallowed him?

Down in the mouth, as if he was going to blubber.

Who first held land in his own name?

Lot

Place a candle in such a manner that every person shall see it except one, although he shall not be blindfolded, or prevented from examining every part of the room, neither shall the candle be hidden.

Place the candle on his head, taking care that no mirror is in the room.

To take one from nineteen, so that the remainder shall be twenty.

See how it is done: XIX (nineteen), by taking away the one that stands between the two tens (XX) twenty will remain.

I can stretch my arms apart, having a coin in each hand, and yet, without bringing my hands together, I can cause both coins to come into the same hand. How is this to be done?

Place the coin on the table, then, turning round, take it up with the other hand.

A person tells another that he can put something into his right hand, which the other cannot put into his left.

The last person's left elbow.

Mother Seigel's Ointment.

EVEN in the best regulated household you are bound to have accidents. Children will get cuts, slight wounds, and abrasions, and adults cannot escape annoying little bruises, burns, scalds, chapped hands, cold sores, and other minor injuries. We are all subject to one or more of these happenings sooner or later. For all such Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as a healing effect, and when laid on a bruise, scratch, sore, or other wound, it prevents the humours and pains of inflammation. It is just the thing to keep handy in the family cupboard.

IS LAZINESS A DISEASE?

IS it now? The question is important, for if laziness is really a disease, the lazy man should be pitied and not blamed.

The eminent doctor, who recently described as a *moral* disease the laziness of the street loafer—the man who would rather starve than work—was probably very near the truth.

But what about the thousands of men and women who want to work but haven't got the energy required? The tens of thousands who wake up in the morning as tired as when they went to bed, whose muscles and sinews are flabby and weak—the men and women who can't even walk upstairs without resting, whose every effort means exhaustion? Surely, to describe such people as lazy is unjust and foolish.

Even the most healthy amongst us are at times disinclined for work. We are not mere machines—not yet, anyhow—and unless the stomach, the liver, and the bowels are each in turn doing *their work* properly, we are bound to lack the vigour and the buoyancy that are associated with good, robust health.

For instance, how can a clerk work hard and long if his strength is reduced and his brain fagged by indigestion? How can a mother or indeed any woman be equal to the worry and strain of her daily life if she is depressed and weary through stomach and liver troubles? Again, how can a laborer hope to keep abreast of his strong and healthy comrades if day by day indigestion is robbing him of the nourishment he ought to obtain from the food he eats?

These are the men—there are thousands of them in this rushing, nerve-shattering age—who lag behind, because stomach or liver troubles inevitably produce languor, weariness, depression, and weakness.

To keep yourself fit, up to the mark, so that you can eat well, work well, sleep well, take Mother Seigel's Syrup now and again after your meals. Take it for a few days and you will soon feel its beneficial effect on the digestive organs—stomach, liver and bowels.

You will be more vigorous and buoyant, more fit for your daily work, and able to do more of it, and do it better. That's worth something to you. Mother Seigel's Syrup won't do *your* work. What it will do is to help your digestive organs to do *theirs*—and that's the way good health lies.

Mr. Joseph Therrien, of Ste. Anne des Monts, Gaspe, Co., Que., in a letter dated January 25th, 1913, says:—For some time I was unable to take food without experiencing pains and a listless heavy feeling after eating. I took Mother Seigel's Syrup as directed. Its effect was wonderful, and in a comparatively short time I was cured. My advice to all sufferers from stomach trouble is to take Mother Seigel's Syrup and feel good."

KNO-SKA (NO SCAR).

FOR SKIN DISORDERS—PILES—ECZEMA.

KNO-SKA (pronounced "No Scar") since it was first introduced to the public some years ago has become immensely popular. It is a splendid antiseptic and emollient ointment for the treatment of skin disorders, piles and eczema.

The great merit of Kno-Ska is that it heals skin surfaces quickly, and, as the name applies, leaves NO SCAR. It may safely be applied to the face, arms, legs or other parts of the body affected by Eczema.

Use Kno-Ska for Piles, but first bathe the affected parts with warm water. If there is a little smarting after the application of the ointment, it will soon pass away. Kno-Ska speedily removes the milder forms of Piles, and even in obstinate cases, if the treatment is continued, its beneficial effect will be experienced.

For destroying poisons in wounds and sores Kno-Ska is wonderfully efficacious. It soon softens and heals all irritated skin surfaces. Get a tube from your chemist or storekeeper. If he has not got it in stock, send us 25 cents. by postal order or in postage stamps and we will forward a tube, post free.

"I suffered for years with bleeding piles, and everything that I tried failed, until I found a little book in which I read about Kno-Ska, and thought I would try same. Now I am almost cured, no more bleeding, and I feel like a new man, gaining in flesh every day."—Mr. Fred Fuller, Brantford Co., Brantford, Ont., January 30th, 1913.

"I suffered for more than a year from that painful and unsightly complaint Eczema. Many pounds spent on doctors' treatment and other means failed completely. Kno-Ska gave me almost immediate relief, and three tubes completely cured what practically was a chronic case. In effecting this rapid cure, my skin was left without spot or blemish."—Mr. G. F. Zyl, Camelot, Barkly East, Cape Province, February 9th, 1912.

Mother Seigel's Plasters.

MOTHER SEIGEL'S PLASTERS do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and spread through the system. Mother Seigel's Plasters are made flexible, so that they fit closely when applied, and as they are porous all the humours withdrawn from the affected part escape readily. These Plasters are better, cheaper, more convenient than liniments and embrocations, which they have replaced in thousands of homes. For aches and pains in the body that need soothing treatment, always use Mother Seigel's Plasters. Then you will experience no burning or irritation of the skin, as is the case when mustard plasters are used.

MOTHER SEIGEL'S PILLS.

A RELIABLE LAXATIVE.

IT is a great mistake to use violent purgatives for cases of obstinate constipation. It means overtaxing the bowels, sometimes to a point from which they never regain the normal, healthy condition. The safe course to adopt is to keep the bowels regular in action by the use of a gentle harmless laxative such as Mother Seigel's Pills. These Pills are intended to assist, not to replace, Mother Seigel's Syrup, and if taken occasionally will relieve the most obstinate cases of irregularity of the bowels. Mother Seigel's Pills are made from curative herbal extracts. Their action is gentle and stimulating, with none of the distressing pains or griping arising from the use of strong mineral purgatives. There is no danger to the system through sudden, violent relaxation of the bowels—to be inevitably followed by a long period of constipation.

When relief has been obtained by the use of Mother Seigel's Pills, regularity can be maintained with small doses of Mother Seigel's Syrup. The Pills are especially useful if the ordinary diet and habits have been disturbed by excitement, or over-indulgence in eating and drinking. To win back your good health you must see to it that the bowels are regular in action. This desirable end can always be attained by the use of Mother Seigel's Pills, followed by small doses of Mother Seigel's Syrup.

SYRUP AND PILLS RECOMMENDED.

Mr. Jos. Lavigne, of Blair Athol, Restigouche County, N.B., writing on January 20th, 1913, says :—"I suffered from constipation and tried many remedies without success. I read in an Almanac that Mother Seigel's Pills were good for constipation and bought half a dozen boxes. After taking the third box I was completely cured and am satisfied that Mother Seigel's Pills are the greatest and best cure for constipation."

"I tried a bottle of Mother Seigel's Syrup for indigestion, and it fixed me up completely. It is a first class remedy for that complaint. Mother Seigel's Pills are also excellent for constipation, and I recommend them to every sufferer I meet around here." Mr. Geo. Duncan, St. Malachie, Quebec, Dorchester County, January 12th, 1913.

"Some three years ago I was attacked by illness and felt ill all over. It is not easy for me to describe all that I felt, but my bones ached and my head felt as though it would split, both by night and by day. No one knows how I suffered during those weeks, or how grateful I am now to Mother Seigel's Syrup and Pills, for the benefit they gave me after I had used them only a few days. I took them only two weeks, by which time the aching pains and the rheumatism had left me and I have been in fine health ever since. They were recommended to me by your Agent here, and I bought them from him." Joseph Beivness, Osler, Saskatchewan, February 1st, 1912.

Directions for taking Mother Seigel's Curative Syrup

DOSE.—Fifteen to Thirty Drops two or three times a day in a wineglass of water, immediately after eating.

NOTE Mother Seigel's Curative Syrup is put up in a very concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

It is best not to take Mother Seigel's Curative Syrup on an empty stomach. Commence by taking ten or fifteen drops three times a day immediately after eating in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

For Worms in Children.—Three to ten drops of the Syrup in milk, or milk and water, to be given with the child's regular food, and three times a day; for children under five years old the smaller dose.

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KNO-SKA (OINTMENT) FOR ECZEMA, PILES, Etc.	Per Tube	.25

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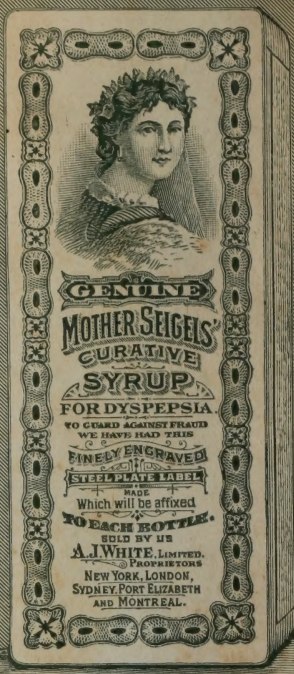

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